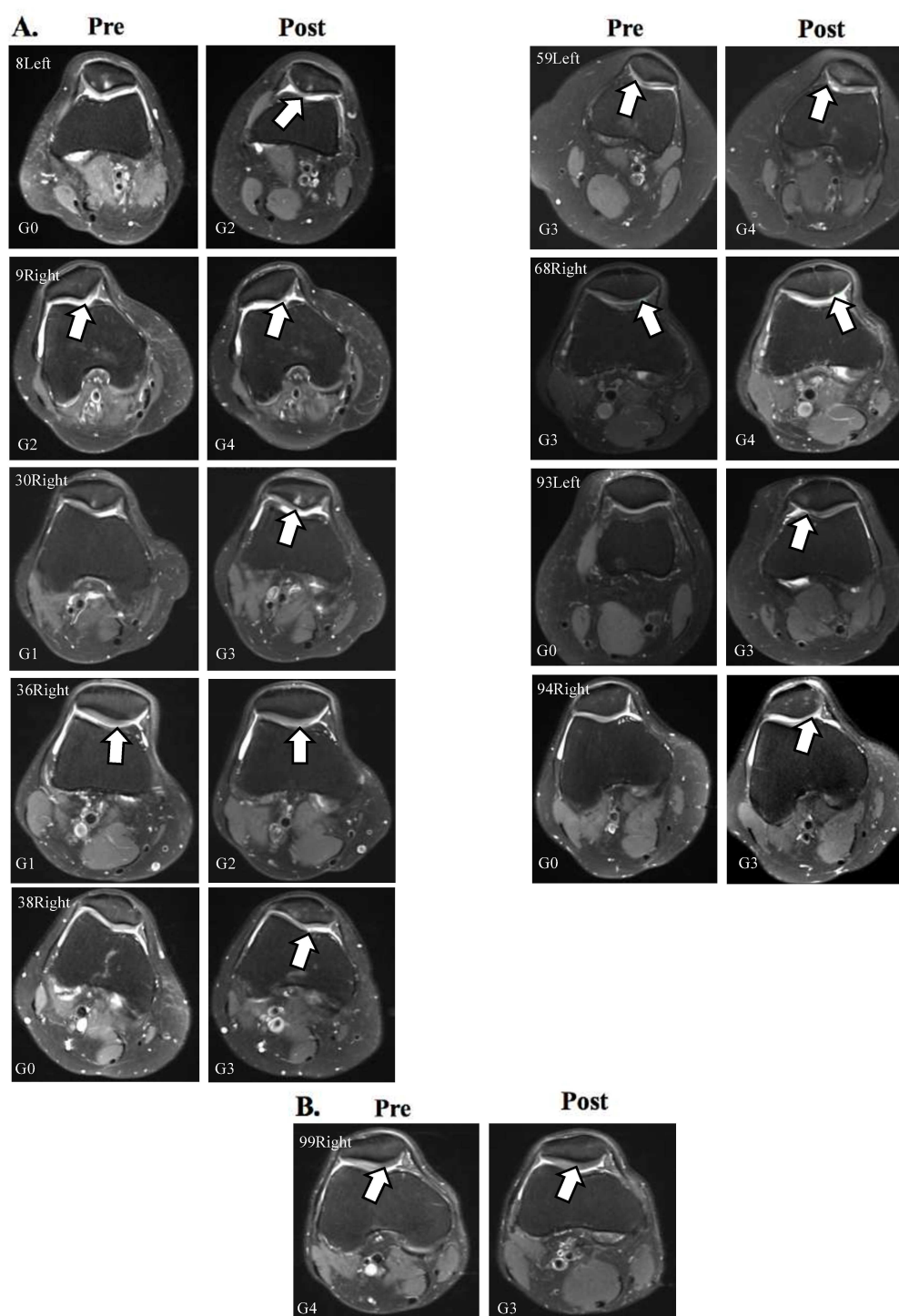
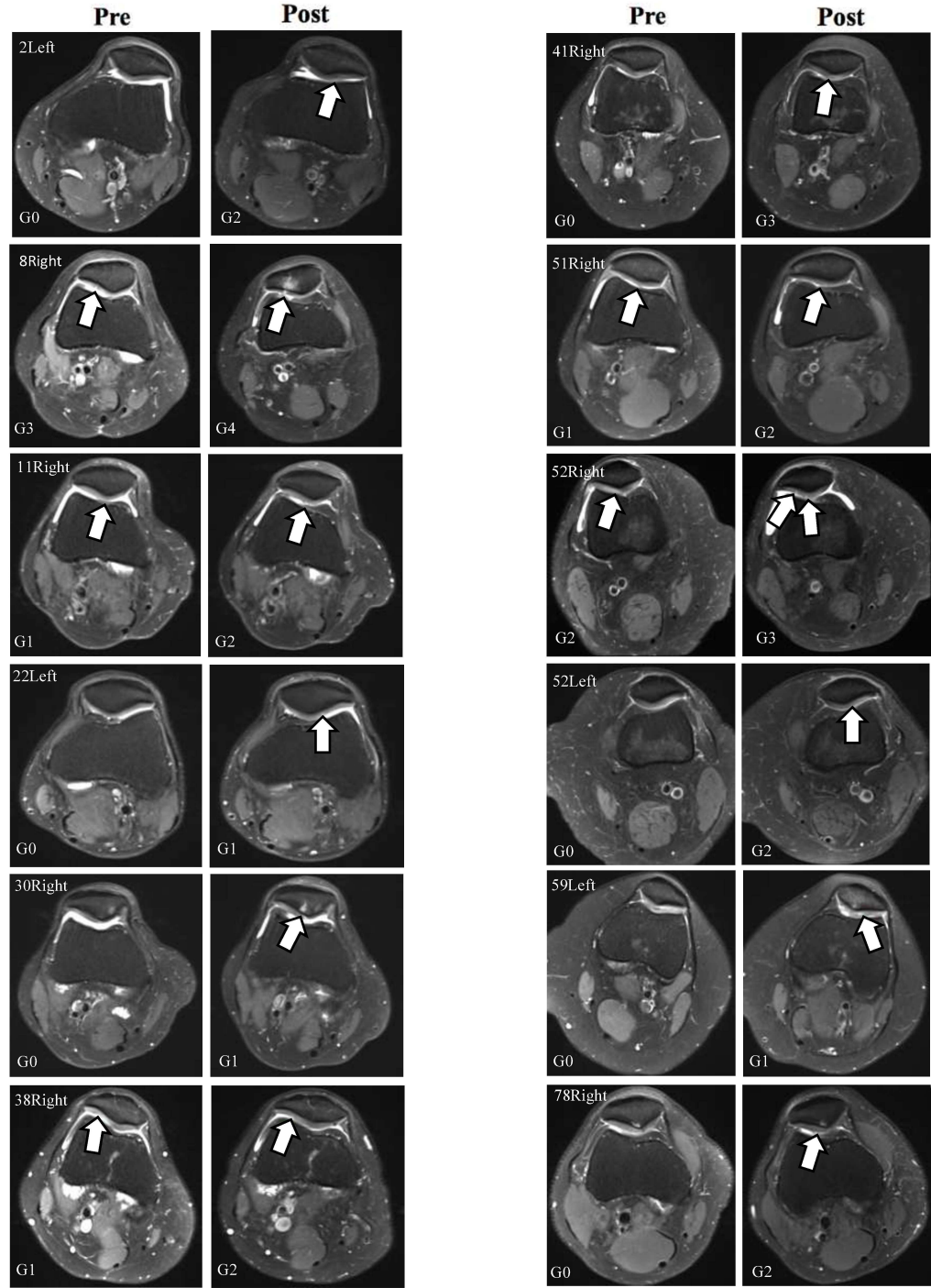


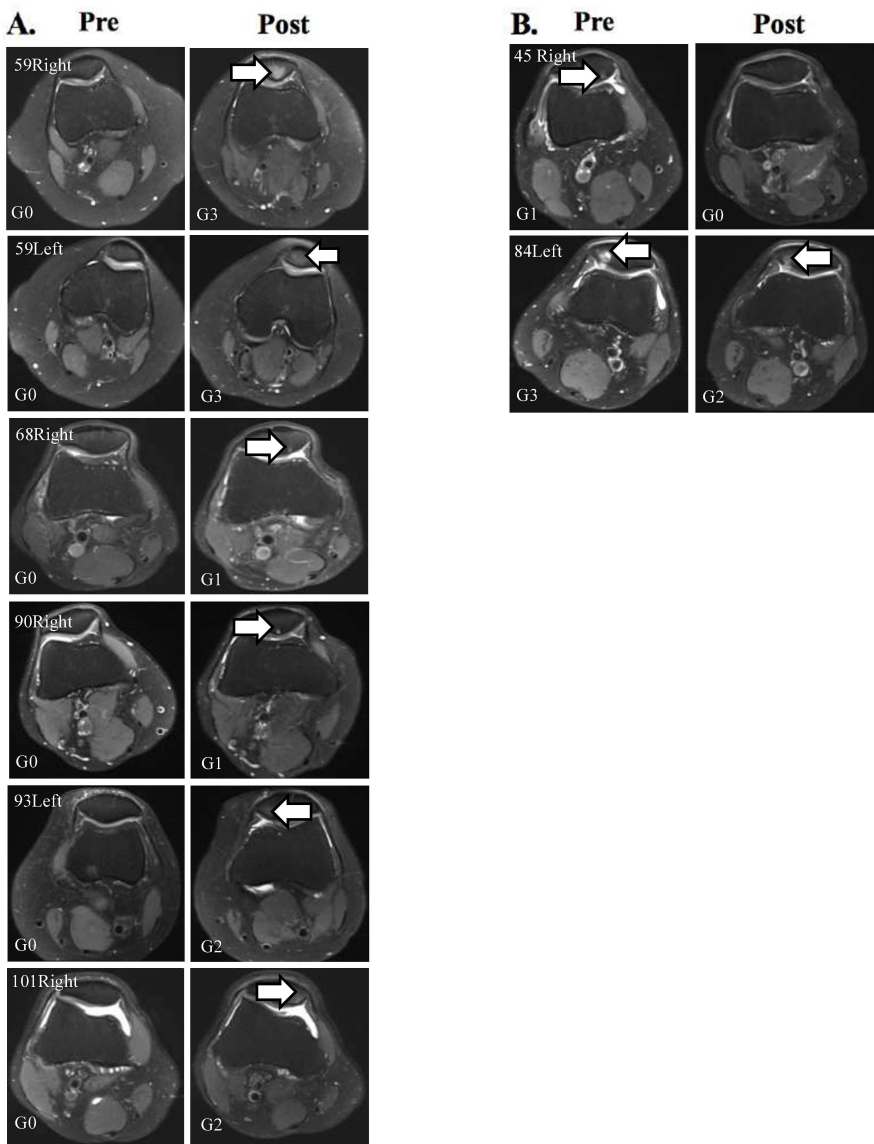
**Figure 1:** Axial MR images (PD FS sequence) of all knees with cartilage lesions in the medial patellar facet (arrows) A) worsening (9 cases) and B) improvement (1 case) from pre- to post-marathon were compared. Subject identification number and knee side are included in the left top corner and the grade (G) in the left bottom corner, based on modified Noyes classification: 0=Normal; 1=areas of heterogenous signal intensity; 2= $\leq 1/2$  of cartilage thickness; 3= $> 1/2$  of cartilage thickness but  $<$  full thickness; 4=full thickness cartilage defects.



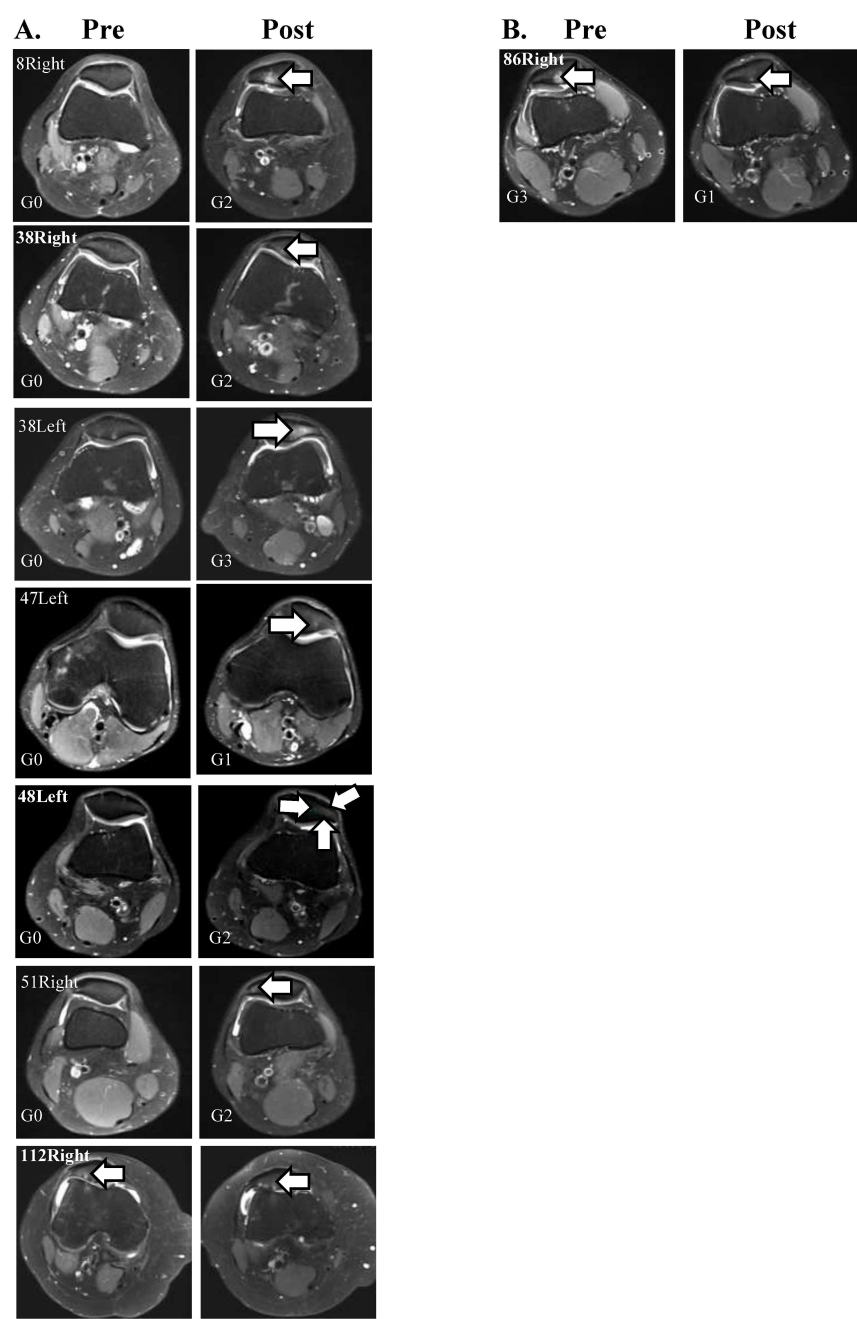
**Figure 2:** Axial MR images (PD FS sequence) of all knees with cartilage lesions in the lateral patellar facet (arrows) from pre- to post-marathon were compared (12 cases). Subject identification number and knee side are included in the left top corner and the grade (G) in the left bottom corner, based on modified Noyes classification: 0=Normal; 1=areas of heterogenous signal intensity; 2=<1/2 of cartilage thickness; 3=>1/2 of cartilage thickness but < full thickness; 4=full thickness cartilage defects.



**Figure 3:** Axial MR images (PD FS sequence) of all knees with subchondral bone marrow oedema in the medial patellar facet (including the median ridge; arrows): six worsened (A) and two improved (B) when pre- to post-marathon images were compared. Identification number and knee side are included in the left top corner and the grade (G) in the left bottom corner, based on the KOSS scoring system for bone marrow lesions: 0=absent; 1=minimal ( $d<5\text{mm}$ ); 2=moderate ( $d=5\text{-}20\text{mm}$ ); 3=severe ( $d\geq 20\text{mm}$ ); KOSS, Knee Osteoarthritis Scoring System.



**Figure 4:** Axial MR images (PD FS sequence) of all knees with subchondral bone marrow oedema in the lateral patellar facet (arrows): seven worsened (A) and one improved (B) when pre- to post-marathon images were compared. Subject identification number and knee side are included in the left top corner and the grade (G) in the left bottom corner, based on the KOSS scoring system for bone marrow lesions: 0=absent; 1=minimal (d<5mm); 2=moderate (d=5-20mm); 3=severe (d>=20mm); KOSS, Knee Osteoarthritis Scoring System.





**Figure 5:** Coronal MR images (PD FS sequence) of all knees with bone marrow oedema in the medial femoral condyle (arrows) that A) improved (10 cases) or B) worsened from pre- to post-marathon. Subject identification number and knee side are included in the left top corner and the grade (G) in the left bottom corner, based on the KOSS scoring system for bone marrow lesions: 0=absent; 1=minimal (d<5mm); 2=moderate (d=5-20mm); 3=severe (d>=20mm); KOSS, Knee Osteoarthritis Scoring System.

